

The Barge

November 2, A. S. XXIII



From the Seneschal

The Baronial Winter court will be held on Saturday, December 9th. We received two bids for the event. They were from Lady Fiondel and Lord Franz, and from Lady Adela and Lady Roslindus. The prospectus from Lady Adela and Lady Roslindus was accepted, though it was a tough decision since both bids were very good.

Over the years Winter Court has become an annual event in the Barony. The event serves several purposes; an opportunity for the group to gather and celebrate the coming holiday season, a training ground for new autocrats and feastocrats, and a place to hold the annual auction of "Lost and Found" items. The auction helps raise operating funds for the Barony. These funds allow us to tithe a bit more and keep down the fees at other events. Often members donate items that they no longer need or that they themselves have made. Upon occasion, someone will auction off their skills as a bard, seamstress, weaver, etc. to produce a future creation for the highest bidder. So donate that extra goblet or your service as a recorder player to personally play the bidders favorite. Not only does it raise funds needed by the Barony, it provides fun for the Barony.

O.K., what am I bid for Dahrien, as your personal servant for the evening!

Brumbär

From the Eastern R.U.S.H. Regent

To the populace of the Barony of Three Rivers,

Greetings and Thanks to the instructors, helpers and students who made the Autumn Session of The Royal University of Scir Havoc a success.

Lady Olga Krombashnya Cherepansha
Eastern Regent of R.U.S.H.

From the Hippogriff Herald

I would like to thank the following gentles for their time as volunteers for heraldic duty at the R.U.S.H. session.

Lyriel de la Foret
Dahrien Cordell
Lynette Falconer

Special thanks to Lyriel for service beyond the call of duty.

In service
Zarifa bent Bad'r

From The Chronicler

Greetings unto the people of Three Rivers, from Lady Caroline Buxton, C.T.

My Lords and Ladies,

There are in this issue two letters of importance. One is from the Crown and the other is from Baron Stephen. Please read them carefully as they will tell us what is going to happen in the next few months regarding the selection of a new Coronet for our Barony.

Since the Barony is changing so rapidly, I would like to institute some new changes in The Barge. To begin with, anyone who writes an article for The Barge, gets a complimentary copy of The Barge in which the article appeared. The same applies to any one who gives me art work, however they will only get a free Barge the first time the art work appears (sorry). Secondly, I would like to start having theme Barges. The first one will be the January issue. If you would like to write an article for that issue, the theme will be "children". I would like articles on the lives of small, games that children in period would have played, apprenticeships as they applied to children in period, period recipes that children could cook with their mother, and anything else that has to do with children. I would also appreciate art work on a medieval theme done by the children of the Barony. If you have an article or an idea for a theme Barge, please come and talk to me at meeting. If you have an article on anything else, I will be happy to accept it for potential publication.

I would also like to thank those of you who gave me so many articles to publish this month. I will do my best to get them all in. Please submit more articles at any time.

Remember, if an article of yours is published, you receive a free copy of the Barge!

Yours in service to Kingdom and Barony
Lady Carrie, C.T., C.L.M.



From the Crown

Unto the populace of the Barony of Three Rivers come these warm greetings from Volkmar and Isadora, King and Queen of Calontir.

Good gentles, since your Baron wishes to resign in the foreseeable future, it is time we began the process of selecting a new Baron and/or Baroness for Three Rivers. Here is a brief description of the process used in the Baronies of Lonely Tower and Forgotten Sea, and which we intend to use in Three Rivers:

- The Crown informs the populace that the selection process has begun and requests letters of application from those gentles who wish to serve the Barony as Baron and/or Baroness.

- The list of applicants is published in the local newsletter, *The Barge* in this case. If many gentles have sent letters, the Crown may selectively reduce the numbers to about 4 or 5 applicants prior to publishing the list. The advice of the current Baronage is sought if this reduction is necessary.

- The populace is strongly encouraged to write with evaluations, opinions, and comments on any or all of the applicants appearing in *The Barge*. When doing this, it is helpful if the writers include some basic information about themselves (membership level, past experience, etc.) so the Crown can better understand the writer's frame of reference.

- The Crown and the Council of Nobles interview the applicants at a prearranged time, usually at an already scheduled kingdom event. Keeping in mind the advice of the Council of Nobles, the Crown then makes a decision. After the Crown has had a chance to notify all the applicants, the decision is announced to the populace.

- At the next event in the Barony (or at least nearby) the new Baronage is invested.

Throughout this process, we ask that **all** the applicants be respected for their willingness to dedicate this kind of service to the Barony.

The qualities that we will be looking for in Baronial applicants include:

- Presence - an ability to carry off the role of royal representative, to make baronial courts seem impressive and enjoyable at the same time. The ability to make a person receiving a baronial award feel very, very special.

- Accessibility - an openness and willingness to listen to everyone in the Barony, not just your friends and not just people that you already respect. This means hearing out people you may actively dislike.

- Stability - steady of temper, consistent in behavior, preferably well established in a job and a home. Also, the inter-relationship between Baron and Baroness should be stable and predictable.

- Respectability - in the sense that the majority of the Barony populace can respect the candidate(s).

- Fairness and Objectivity - absolutely vital, because your friends (and you, yourself) are not always right. You must listen to all sides and try to see all points of view. You must recognize abilities and accomplishments, even in people that you don't like.

- Cooperation - The running of a Barony should be a cooperative effort between the Baronage and the Baronial Officers; the officers handling the day to day, month to month details with the baronage offering advice, general guidance, and acting as ceremonial focus and overall leader. Baronage and officers must all try to be examples that members of the populace could do well to emulate.

- Well-travelled - For several purposes; to represent the Barony to the rest of the Kingdom, to be more aware and responsive to the changes in the Kingdom, to keep the Barony and the Kingdom in touch with each other, and to set a good example of Kingdom involvement for the populace.

- Hard-working and self-sacrificing - the health and well-being of the Barony and its place within the Kingdom and Society as a whole will at least occasionally conflict with personal fulfillment and enjoyment. It's the Baron and Baroness' job to put the Barony first, ahead of personal considerations and feelings.

- Honesty - A scrupulous honesty to yourself and to the Crown. A scrupulous and *gentle* honesty to the officers and populace of the Barony.

- Dedication - to the Barony, to the Kingdom, and to the Society. An even combination of all three focuses, no one in exclusion of the other.

- Patience - a willingness to let others work out their problems, giving advice only when asked or after other's attempts have failed, perpetually encouraging communication between and among group members, a willingness to wait until absolutely necessary to exercise any aspect of the baronial authority.

- Tolerance - of different ways of accomplishing things, of different (and sometimes difficult) personalities, of different philosophies. A Baron or Baroness must have the ability to work cooperatively despite all these and other differences.

We realize that we are all human and no one is perfect. We can't hope to find someone with all these qualities in full measure. We do ask those who are considering applying to carefully consider these qualities.

After considering everything above, if you wish to be considered for the Baronage of Three Rivers, please send us your letter of application. **We must receive letters of application BY NOVEMBER 20.** We will keep everyone apprised of progress and future deadlines through letters to *The Barge*.

In Service to the Kingdom of Calontir & the Barony of Three Rivers, We are

Volkmar
Volkmar, Rex

Isadora
Isadora, Regina

From the Coronet

Unto the People of Three Rivers from Master Stephen Ironhand, Baron Three Rivers.

Herewith is a part addendum to the letter from their Royal Majesties:

With regard to the confidentiality of the letters of application: Their Majesties will be treating these letters in confidence, to avoid possible embarrassment to those candidates who may not be furthered to the later parts of the process. The candidates themselves are not required to keep their own candidacy a secret. If anyone wants to tell the world that they applied, and/or were rejected, no one is stopping them.

Individuals may only become candidates via their own application, NOT by nomination. If you know someone whom you really think would make a good Baron(ess), you must talk that person into applying.

I urge you to examine very carefully the qualities listed for Baronial candidates. Territorial Baronage is not a title, it is a job. If you want a title, work for a peerage (of course, a good peer keeps working after his accolade). When Their Majesties put that Coronet on you head, your work is just beginning.

Their Majesties will consider letters of comment from non-members as well as members of the SCA. I would like to add that in my opinion the candidates themselves should be SCA members, as an earnest of their commitment to the SCA. Believe me, assuming the role of Baron(ess) Three Rivers requires a far greater investment of time and money than a mere SCA membership.

I ask you to comport yourselves, whether as candidate or as interested subjects, with the best interest of the Barony of Three Rivers foremost in your thoughts.

Master Stephen Ironhand,
Baron Three Rivers



From the Treasury

Unto the populace of the Barony of Three Rivers, most humble greetings from your Treasurer, David Cooper of Tynedale!

I have had the honor of being Baronial Treasurer for two years now. By the time you read this letter, I will have chosen my new deputy and intended successor. Many thanks to all those who applied. It has been difficult to choose from so many capable candidates. For personal reasons, I find I must resign my office sooner than I had originally intended. My successor will probably take over at Winter Court. I know you will all show him or her the same courtesy and cooperation you have shown me.

I would like to thank those who have made this job easier for me, especially my stock clerk, Lady Dragonsflower, my troll booth deputy, Lady Aleta, and Lady Chendra and Master Harald, who keep my head blue on straight when the job was difficult. I did not do this job alone.

In the coming months, Lord Stanislaus will complete his inventory of the Baronial possessions. We will then be able to speak intelligently about long-term financial planning for the Barony--what new equipment to buy, what periodicals to subscribe to, perhaps investments, etc. Much of this talk will occur at officers' meetings, but we can always use suggestions from the populace.

Again, thank you to Baron Stephen for the honor of having served as Baronial Treasurer. It's been fun.

Yours in service,

David Cooper of Tynedale



Artwork Credits
Cover & Pg. 6: Lord Glare
Pg. 2, 3, 9: HL Aethelthorpe of Whitby
Pg. 7: Unknown
Pg. 11, 15: Lady Branwyn
Pg. 12: Unknown
Editor's Note: If you know who did the artwork on pages 7 and 12, please let me know so they can be credited.

C.

Announcements

Have you seen the nifty T-shirts other groups have put out and wanted to know where you could get one that says "Barony of Three Rivers"? Well, you can't get one for Three Rivers, at least not yet. If you are an artist, and even if you're not, and you have an idea for a "Barony of Three Rivers" T-shirt, we will be having a contest for a design. The contest will take place at Winter Court on December 9th. Rough sketches will be accepted. Get your ideas together, and enter. The winner will get a T-shirt and one year's SCA membership. This is a good chance to advertise the SCA on your chest.

Census and farspeaker list! The deputy seneschal, Lord Daene has been charged with the duty of the Baronial SCA membership census. After R.U.S.H. he will be gathering the following information:

Name: SCA and Mundane

Membership status: Number and expiration date

There has been a big change over in the Baronial populace. If you want to be on the farspeaker list or have a change of address, please contact Lady Aleta or Meister Brumbar with the information.

Lady Thyri is looking for a deputy to her position as Baronial M.O.S. If you are interested in being her deputy please contact her soon.

Lady Comin Hrothwin (Shadow to you and me) is also looking for a deputy to her position of Chirurgeon. She has had this position for many years and now needs a deputy. If you have any medical training and are interested in being Shadows deputy, please call her. Her number is in the farspeaker list.

Sir Cormac wishes it to be known that fighters practices are now being held at Washington University only. They will be either out side Mc Millian Hall or on the loading docks depending on the weather.

Sir Nathan wishes it to be known that medieval cooking will take place at his house on every Monday evening. If you wish to cook with him, please call and get information on times and what you will need to bring with you.

On December 2nd, there will be an allumentum on embroidery at Lady Branwyn's house. Lady Branwyn does excellent work, so if you would like to learn her style of embroidery, December 2nd will be the date to do so. Contact Lady Cori or Lady Branwyn for more information.

Baronial Championship will be held in Umrath Hall on November 9th. If you would like to serve as Baronial fighter champion, get your armor together and be at Umrath at 7:00 for armor inspection.

DO THIS PAGE FIRST

The Society For Creative Anachronism, Inc.
Comparative Balance Sheet

Group: BARONY OF THREE RIVERS

	<u>7/1/89</u>	<u>9/30/89</u>
I. ASSETS		
a) Cash	81.37	270.32
b) Cash Earning Interest	3,970.26	3,725.81
c) Receivables (attach list)	— 0 —	— 0 —
d) Inventory For Sale (attach list)	222.30	222.30
e) Regalia (attach list)	305.00	305.00
f) Land, Buildings, Equipment (Total-see directions)	525.75	525.75
g) Minus Accumulated Depreciation	<525.75>	<525.75>
h) TOTAL ASSETS	<u>4,578.93</u>	<u>4,523.43</u>
II. LIABILITIES		
a) Newsletter Subscriptions Due (attach worksheet)	11.50	9.00
b) Payables (attach list)	— 0 —	— 0 —
c) Other Liabilities (attach list)	54.49	54.49
d) TOTAL LIABILITIES	<u>65.99</u>	<u>63.49</u>
III. NET WORTH (Line Ih minus IId)	<u>4,512.94</u>	<u>4,459.94</u>

PROOF (figures should match)

Change in Net Worth (1988 line III minus 1987 line III)

<53.00>

Net Income for 1988 (line 26 of Income Statement)

<53.00>

Mundane Signature: Ned C. Spill

Date: 10/20/89

The Society For Creative Anachronism
Income Statement
FOR THE QUARTER ENDING 9/30/89

Group: BARONY OF THREE RIVERS

INCOME

1. Direct Contributions	200.00
2. Program Service Income	75.95
3. Fund-Raising Income	—
4. Newsletter Income	30.30
5. a) Income From Sale Inventory	—
b) Less: Cost of Goods Sold	—
c) Net Income (or Loss)	—
6. Interest Earned On Deposit Accounts	49.07
7. Income Received From Another Group (attach list)	—
a) Within the Kingdom	—
b) Outside the Kingdom or the Kingdom newsletter	—
8. Other Income (attach list)	—
9. GROSS INCOME	<u>353.52</u>

EXPENSES

	Administrative (a)	Program Services (b)	Fund Raising (c)	Total (d)
10. Supplies	70.47			70.47
11. Food				
12. Postage and Shipping	11.05			11.05
13. Occupancy		325.00		325.00
14. Equipment Rental & Maintenance				
15. Printing & Publication				
16. Travel				
17. Interest Charges				
18. Depreciation				
19. Bank Service Charges				
20. Loss on Re-evaluation of Assets				
21. Bad Debts				
22. Other (list)				
23. SUB-TOTAL (add lines 10 to 22)	81.52	325.00		406.52
24. Transfers				—
a) Money transferred to another group within the Kingdom (attach list)				—
b) Money transferred to newsletter or outside the Kingdom (attach list)				—
25. TOTAL EXPENSES (add lines 23 & 24)				<u>406.52</u>
26. NET INCOME (line 9 minus line 25, transfer to Balance Sheet)				<u><53.00></u>

Mundane Name: Adrian Date: 10/26/89

The Society For Creative Anachronism, Inc.
Supplemental Schedule
AS OF 9/30/89

Group: BARONY OF THREE RIVERS

If you entered a figure on lines 1c, 1e, 1f, 1g, 11b, 11c, 7a, 7b, 8, 18d, 22d, 24a, 24b, You must fully explain each entry. Attach additional sheets if necessary.

1c. Receivables: _____

1e. Regalia: \$305.00 - THRONES + TRAPPINGS

1f-1g. Land, Buildings, & Equipment:

Description	Year Purchased	Cost (1f-28)	Accum. Dep. (1g-37)	Dep. Exp. (18d)	Accum. Depreciation (1g-33)
BEVERLY SHEARS	1983	325.75	325.75	—	325.75
OVSCOPE	1984	200.00	200.00	—	200.00

11b. Payables: _____

11c. Other Liabilities: \$54.49 - TO KINGDOM BREWERS' GUILD

7a. Income Received From Within The Kingdom: _____

7b. Income Received From Outside Kingdom or Kingdom Newsletter: _____

8. Other Income: _____

22d. Other Expenses: _____

24a. Money Transferred To Another Group Within The Kingdom: _____

24b. Money Transferred To Newsletter Or Outside The Kingdom: _____

Mundane Signature: Adrian

Date: 10/26/89

The Society For Creative Anachronism, Inc.
Information Sheet

AS OF 9/30/89

Financial Statements Prepared By:
Please Print!!

Mundane Name: DAVID TYNDALL
Street Address: 1500 SHADYSIDE LANE
City: ST. LOUIS State: MO Zip Code: 63146
Telephone: (314) 993-8308
SCA Name: DAVID COOPOR OF TYNE DALE
Title: TREASURER

Bank Account Information

The account should have 94-1698556 as the IRS tax identification number
The account should be in the name of the Society For Creative Anachronism, Inc.
If you do not have a bank account, attach an explanation, including the name &
address of the person holding the money.

Name of Financial Institution: ROOSEVELT BANK
Street Address: 900 ROOSEVELT PKWY
City: CHESTERFIELD State: MO Zip Code: 63017
Account Number: 02-525980-5
Signatories on Account: GARY GUTZMAN, JAMES RANSDEN,
STEPHEN BLOCK, DAVID TYNDALL

Name & address bank sends statements to if other than above:

S.C.A. - BARONY OF THREE RIVERS
P.O. BOX 2943, UNIVERSITY CITY, MO 63130

More Announcements

We will not have a meeting on November 23rd as that is Thanksgiving. We will however have a party on November 22nd at Umrath. Be prepared to sing, dance, and revel.

We will also be having a Baronial party on December 28th in Umrath. This is the Thursday between Christmas and New Years. There will be more planned for that day later.

Calon Con will Be in Dun Ard (Leavenworth, Kansas) on November 18th. If you have never been to a Calon Con, the day usually has meeting with the kingdom officers and their subordinates from groups, and a King's allthing. The King's allthing presents a good opportunity to bring up questions on Kingdom laws and policy as well as gives the King a chance to meet the populace. (The Allthing is a Panel discussion this year)

Winter Court will be held December 9th at St. John's. I am told that there is not a lot of lost and found to auction off this year. If you have anything you are not using, or would like to donate and hand made items to the auction, please bring them the day of Winter Court.

Be prepared, the Bride of Ironhand is coming to a Barony near you!!!



NOVEMBER

			1 Silken Threads, 7:00, Lady Aethelthrithas	2 Meeting, New Barge, Business meeting	3	4 CROWN TOURNEY Lost Moor, St. Joseph, MO.
5 - Fighter Practice, 12:00, Wash. U. - Archery, 12:00 Forest Park	6 -Cooking, Sir Nathan's	7	8	9 Meeting Barge Deadline Dance Meeting	10	11 Event- Ivory keep
12 - Fighter Practice, 12:00, Wash. U. - Archery, 12:00, Forest Park	13 -Cooking, Sir Nathan's -Officers Meeting, Ly Carrie's	14	15 Silken Threads, 7:00, Lady Aethelthrithas	16 Meeting Business Meeting Medieval Moments	17	18 - Calon Con, somewhere
19 - Fighter practice, 12:00, Wash. U. - Archery, 12:00, Forest Park	20 -Cooking, Sir Nathan's	21	22 Room open Song, Dance and Revelry	23 No meeting- Thanksgiving	24	25
26 - Fighter practice, 12:00, Wash. Univ. - Archery, 12:00, Forest Park	27 -Cooking, Sir Nathan's	28	29	30 Meeting Activities Meeting		

DECEMBER

					1	2 - Alimantum, Lady Branwyn's house
3 Fighter Practice, 12:00, Washington Univ.	4	5	6 Silken Threads, 7:00, Lady Aethelthrithas	7 Meeting New BARGE	8	9 - Winter Court
10 - Fighter Practice, 12:00, Washington Univ.	11	12	13	14 Meeting BARGE deadline	15	16 - Kris Kinder, Forgotten Sea
17 Fighter practice, 12:00, Washington University	18	19	20 Silken Threads, 7:00, Lady Aethelthrithas	21 Meeting	22	23
24	25 CHRISTMAS	26	27	28 Party Meeting!	29	30
31						

Everything listed on the Calendar is an official SCA event. If an officer is not present, the event becomes a private party.

Upcoming Events

November 4, 1989 Crown Tourney

Lost Moor (St. Joseph, MO)

The site will be the National Guard Armory in St. Joe. Camping will be allowed and there will be floor crash space. The site is discreetly wet. See the October and November MEWSes for more information.

November 4, 1989 All Souls

Vanished Wood
(Schaumburg, IL)

A day full of seasonal events. the feast will be German. the post revel will feature home brewed. More detail in the next PALE.

November 11, 1989 Event

Ivory Keep
(Hannibal, MO)

This event will relive the battle of Hastings. Ther will be story telling tales, best favor, and a taunt and brag contest. See the November Mews for more details.

November 18, 1989 The Crystal Ball

Shattered Crystal
(Marissa, IL)

This is Shattered Crystal's annual event. There will be dance classes during the day, a dance competition, contests based on "the hunt" theme. There will be childrens activities also. The feast is scheduled to start at 6. The dancing will go from 9 p.m. until early in the morning. See the PALE for more information.

November 18, 1989

Calon Con

Dun Ard
(Leavenworth, KS)

There will be meetings throughout the day. Meetings will include Seneschal, MOS, Treasurer, Marshall, Chronicler, Chirurgeon. There will be a food revel after the panel discussion, and court will be at their Majesties desire.

December 9, 1989

Winter Court

Three Rivers

There will be a flyer on the day's activites in the December BARGE.

December 16, 1989

Kris Kinder

Forgotten Sea

This event will also have the scribes symposium. There will be a Baronial Yule court on Friday night. This event will also have the investiture of the new Baron and Baroness of Forgotten Sea. See the MEWS for more.



A Brief (really) History of Mail

By Lord Daene Mac Pherson

MAIL!! Nothing bespeaks the middle ages more effectively than a good suit of mail. When mail was invented is uncertain, my research being somewhat incomplete. The Roman author Varro credits the Celts with its invention. It appeared quickly on the scene in about the Third Century B.C. Its use quickly spread and it became the primary metal armor of the age. It was worn primarily as shirts of mail whose sizes ranged from short birnies to hauberks with short sleeves.

This armor type was still the predominant metal armor in the time of Charlemagne (742 A.D. to 814 A.D.). There was some important variation in the armor as it is recorded that Charlemagne wore armor consisting of a mail shirt, mail cuisses, iron greaves, and "iron sleeves". This armor type was not yet the rule and most men wore mail alone if they wore metal armor at all.

Armor changed but little for the next few hundred years. The Norman knights at Hastings in 1066 wore armor that was almost identical to that worn 200 years earlier. The Saxons were similarly equipped. The Bayeux Tapestry shows the two armies in similar armors and here it reinforces the idea that more important people be better protected. The Tapestry depicts William of Normandy in the typical mail hauberk with a coif but with the addition of full mail leggings or chausses. Everyone else is depicted wearing only hauberks with coifs. This type of armor predominated into the 1300's.

Use of metal plate armor on various parts of the body increased in the Fourteenth century. Mail was on its way to becoming "accessory" armor. At first there were breast plates, coats of plates, and minimal arm and leg defenses. As the plate armor improved through the years and covered more of the body, the mail shirts became shorter, less exposed and less important. When armor evolved into full suits of plate, the mail was only exposed at vulnerable spots such as the inside of joints or wherever flexibility was required. In many cases a full shirt wasn't even worn but rather gussets were attached to the armor of the gambeson.

Thus mail made its way from the centuries before the time of Christ through almost 1900 years of history to become the flexible armor at the joints of a suit of solid plates. Bear in mind, however, that the armor in use at any given time could range from the current state of the art armor on down the scale to no armor at all, depending on the wealth and status of the wearer. Thus it was possible to find men in mail fighting on the same battlefields as men in full plate. So grieve not the fate of mail for indeed it was still in uses in some parts of Eastern Europe at the turn of our own century.



Cooking, The Olde-Fashioned Way

By Sir Nathan Adelaar

this article will be the first in a series designed to give you a bite-sized introduction to medieval cookery. You will encounter a couple of recipes each month organized around some theme--this time it's desserts--and you'll find reprints of period texts alongside tasty pre-tested modern recipes. Most of the ingredients will be easy to find, though when something unusual is called for, you'll see notes on what the strange things are and where to buy them.

Please keep just one thing in mind when you try making these tasty morsels at home: all the modern recipes you read in this column are just personal interpretations of the period texts printed with them. This means that there is nothing sacred about the modern recipes; you should feel free to interpret the recipes yourself and have fun (that's the whole idea, after all, other than gaining weight). To promote this idea, I'll include a couple of recipes without modern interpretation for you to try on your own. If you want help, just ask. If you come up with a great modern recipe, please share it with me. Most of all enjoy!

This first article is about desserts. The people of the middle ages seemed to have a sweet tooth, and they dearly loved their desserts. They had refined white sugar and even powdered sugar, both made from sugar cane found in Cyprus and North Africa, and both were quite expensive. Their honey was cruder than you store-bought honey, with more of the wax honeycomb still in solution, so most of the recipes which call for it instruct the cook to boil the honey several times and skim the scum off the surface.

Some of their sweets didn't involve sugar. One recipe for Sweet Cakes found in Sir Hugh Plat's Delights for Ladies (1609), calls for a naturally-sweet flour made from parsnips!

"Scrape or wash your Parsneps cleane, slice them thinne, dry the, upon Canvas or net-worke frames, beat them to powder, mixing one third thereof with two thirds of fine wheate flower: make up your paste into coates, and you shall finde them very sweete and delicate. (the Arte of Preserving #60, pg. 40)"

Some of the most popular sweets for the period palate were Comfits, which were whole spices coated in a layer upon thin layer of molten sugar. These were sometimes colored with sandal wood (red from a wood) or turnsole (blue- purple from a flower), or were highly prized when left white. These were used as breath-fresheners, as after-dinner digestive aids, and as flavor enhancers when stwern on top of stews.

But while people of the middle ages enjoyed sweets, they didn't have the penchant for desserts we have today. Period menus indicate that a sweet dish or two was often served among the 8-12 dishes of a major meat course, and that light wafers and comfits were the most likely dishes found in after-dinner courses.

Try this recipe for CHYRYOUN, a hot cherry pudding, from Two Fifteenth Century Cookry Bokes (Harlian MS 279, 1430, Pg. 29). It uses red sandal wood as a coloring agent and rice flour to thicken.

"Take Chyryis, and pike out the stonys, waysshe hem clene in wyne, than wryng hem thorw a clothe, and do it on a potte, and do ther-to whyte grece a quantye, and a partye of Fours of Rys, and make it chareaunt; do ther-to hwe Hony or Sure, poynte it with Venegre; A-force it with stronge poudre of Canelle and of Galyngale, and a-lye it with a grete porcyoun of yolkys of Eyroun; colour

it with saffron or Sanderys; and whan thou seryate in, plante it with Chyrioun, and serue forth."

2 cans tart cherries with 3/4 of liquid

3 Tbs red wine or mead

2 Tbs Shortening

1/4 cup finely ground rice flour

2 tsp fruit or wine vinegar

1/2 tsp ginger powder

2 tsp red sandalwood

1/8 tsp salt

1 cup sugar

1 tsp cinnamon

3 egg yolks

strong pinch of saffron

* * * * *

Mix the first three ingredients in a pot, and stir occasionally over a medium heat until mixture is hot.

Meanwhile mix the rest of the ingredients in a heat proof bowl. Stirring constantly, slowly add about half of the hot cherry liquid, making sure all the lumps are worked smooth; then pour the contents of the bowl back into the pot. Stir constantly over low-medium heat until thickened, not allowing it to boil, and serve it forth. Garnish with fresh pitted cherries. Serves 6.

Notes:

-Either tart cherries or plum should be available for \$1 per can. Use whatever burgundy or red wine you have in the house, but remember that if you don't want to drink it then you probably won't want to cook with it.

-Red Sandalwood powder is available in some herb shops, incense shops, and shops that offer Pagan and Eastern religion supplies--Check out the Olde Town Spice Shop in St. Charles.. Sandalwood was the most popular red coloring agent used in medieval cookery, and was listed as a good red dye in the 19th and 20th Century pharmacopoeia. Alkanet (a toxic plant extract) and Brasilwood were also sometimes called for as coloring agents.

-You can find Rice Flour in Japanese and Middle-Eastern groceries.

This should be a finely ground flour--AVOID Arrowhead Mills' rice flour, which is too coarse and gritty. Rice flour and egg yolk were probably the most common thickening agent used in the high-classed medieval kitchen, and bread crumbs were used more often in lower kitchens.

-To make Plum pudding, make the following substitutions:

2 cans pitted plums, slices, keeping 1/2 the juice (instead of all)

3/4 cup sugar (instead of 1)

3 tsp wine vinegar (instead of 2)

A great dish for people who aren't cholesterol-conscious is this CREME BOYLE from A collection of the Ordinances and regulations for the Government of the Royal Household made in Divers Reigns from King Edward III to King William and Queen Mary also Receipts in Ancient Cookery (14th c., pg. 410).

Take creme of code mylke, and zolkes of eyren beten, and sugre, and saffron, and medel alle togedur, and boyle hit that hit be stondynh, and dresse hitmup stondynge of leches in disshes, and plant hit with floures of borage, and serve hit forth.

In other word, take cream, and beaten yolks, and sugar, and saffron, and mix all together, and boil it that it be stiff, and dress it up stiff in strips in dishes, and plant it with flowers of borage (pretty and blue), and serve it forth.

* * * * *

2 cups whipping cream

8 tsp sugar

9 egg yolks

5 strand crushed Saffron

In a saucepan over a double boiler, whisk these ingredients constantly until they have thickened like pudding. Refrigerate until cold. Whisk again before serving if oils have started to separate. Serves 6.

Note: This recipe will keep refrigerated for less than one day before separating. It will not freeze. But the rich flavor of this dish is phenomenal.

Saffron is not optional in this recipe. It is used both as a coloring agent, helping the creamy yellow color of yolks and cream come out, and as a flavoring agent. While you may think of saffron as incredibly expensive, it's actually no more costly than cinnamon or ginger because you use so little of it at a time, and it keeps very well. Try buying it at an Herb shop or ethnic grocery instead of your local supermarket. Saffron is crushed before using because this liberated the flavors and allows you to use far less of it.

If you want to try your hand at creating a recipe, try the following WARDUNS IN SYRUPPE which is actually Pears in Wine Sauce, from the same source (pg. 366).

"Take wardens, and pare hom cleane, and sethe hom in red wyn with mulberries, or saunders, tyl thai byn tendur, and then take hom up, and cut hom, and do hom in a pot; and do therto wyn crete, or vernage, or other gode swete wyne, and blanche powder, and sugur, and powder of gynger, and let hom boyle awhile, and serve hit forth."

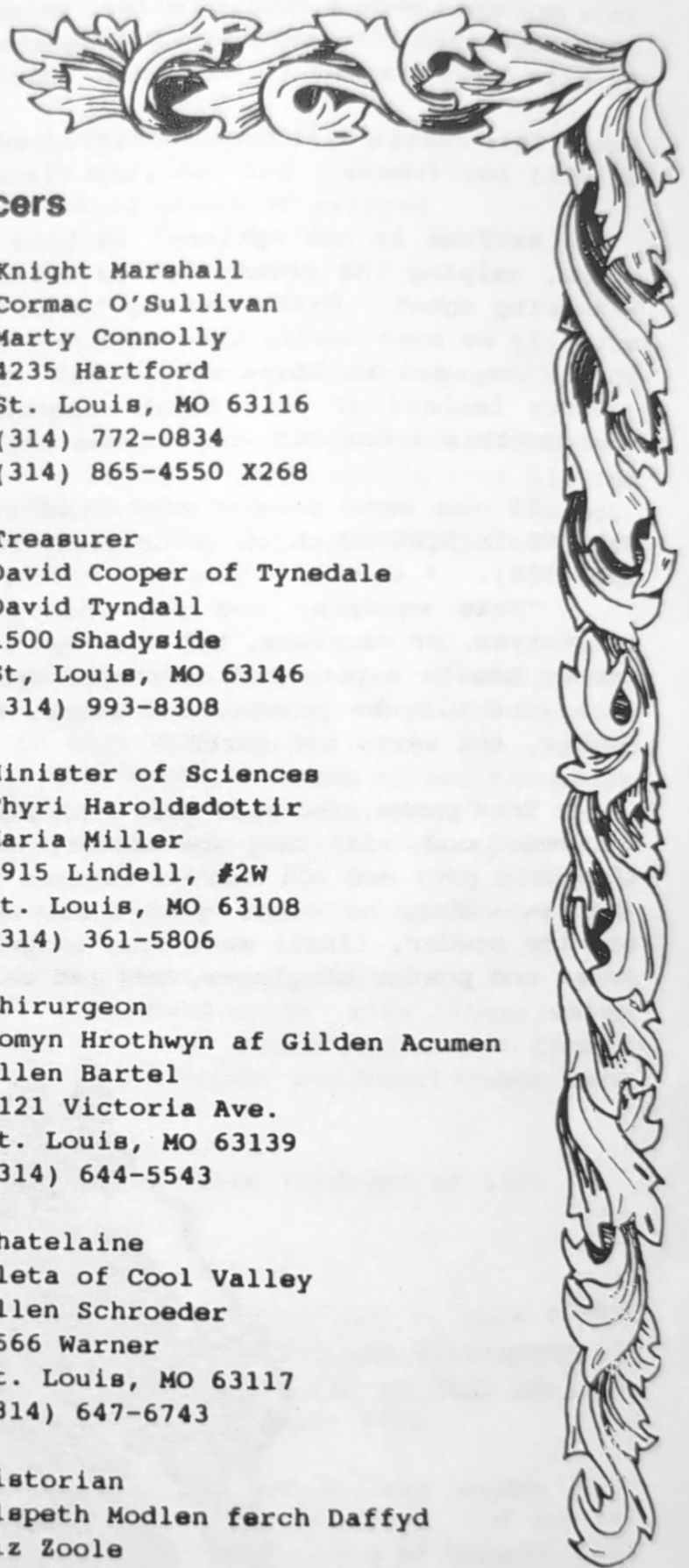
Take pears, and pare them clean, and boil them in red wine with mulberries, or sandalwood, till they are tender, and then take them up and cut them, and put them in a pot; and add thereto sugared white wine (?), or vernage (a sweet white Italian wine), or other good sweet white wine, and blanch powder (a white spicing powder, likely made from ginger, sugar, cinnamon, and clove powder), and sugar and powder of ginger, and let them boil awhile, then serve it forth.



The Coronet of Three Rivers

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